

Success Story



PROGRAM: Weeks Middle School (Des Moines CSD)

TITLE: Nutrition Promotion During and Beyond the School Day

Summary

Weeks Middle School (Des Moines CSD) used the 1305 Grant awards to promote nutrition education activities and physical fitness activities. The Wellness Team and the PE teacher collaborated activities to promote “Wellness Wednesdays”. The Wellness Team explained and demonstrated various fitness opportunities and they have quiz questions called “Healthy Choices.”

With the addition of blenders and smoothie recipes, students were able to make and sample new smoothie recipes. The team also incorporated the help of a local Hy-Vee dietician in making the smoothies. The PE teacher and Wellness Team also collaborated with the Hy-Vee dietician to plan an end of the year meal for the middle school track team with healthier options, moving from the usual pizza party to a grilled chicken, fresh watermelon and baked beans. The team effort sends a consistent message throughout the school day and beyond.

With a student enrollment of 633 students in grades 6-8, Weeks Middle School was able to reach all of those students with the grant activities. The total amount to Weeks Middle School was \$6,874 and purchased physical education equipment and nutrition education materials.



Challenge

The biggest challenges for Weeks Middle School were the short time lines in getting materials ordered and projects implemented by the end of the school year. Weeks Middle School is looking forward to using physical fitness equipment more fully next school year.

Strategies

Weeks Middle School continues to seek grants and resources to sustain and enhance the Wellness Wednesday activities. With a variety of students, teachers, staff, outside partners and athletes, the reach and involvement continues to grow. Weeks Middle School is working to send consistent messages by teaching about healthy choices related to snack, meal time, after school with track team and activities. The quiz questions cover a variety of topics and give students a chance to share their knowledge.

Result

Nutrition Education Promotion teamed “Healthy Choices” questions and smoothies. Take a look at some of the sample quiz questions:

Try the Weeks Middle School “Healthy Choices” quiz questions:

~ What is protein? Why is it important?

~What is metabolism? What starts your metabolism? Why is it important?

~What is functional fitness?

~Define cholesterol.

~What is sodium? Why is it important?

~How many times should you eat per day? How does it play a part with metabolism?

~Why is eating 1 meal per day bad for you? Explain.

~What are healthier options to pop and sugary drinks?

Try the Weeks Middle School Smoothie:

1 16oz. package frozen strawberries

1 6oz container low-fat vanilla yogurt

1 cup orange juice

1 cup vanilla almond milk

4 TBSP flax seeds

Blend chilled ingredients. Serve. Makes 4 servings.

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Future Directions

The team work of Weeks Middle School has been a key to success in promoting health and wellness activities impacting the whole school environment during the school day and beyond the school day. The team plans to continue their Wellness Wednesdays, focusing on physical activity, nutrition promotion activities, and snack and food samples. The nutrition activities during the day are intended to reach beyond the school day, modeling snacks and healthy choices students can continue to make at home and when away from school. The fitness activities are demonstrated and practiced at school and are intended for students to see how they could do the same types of activities on their own outside of the school day.

Grant Information

This project was made possible by a 1305 CDC Sub-Grant Award sponsored by the Iowa Department of Public Health and the Iowa Department of Education.